

COUNTYWIDE BIGGEST LOSER!



August 11 – October 19, 2014
10-WEEK CAMPAIGN



Initial Weigh-In	Mid-Point Weigh-In	Ending Weigh-In
Week of August 11-17	Week of September 15-21	Week of October 13-19

CONTEST RULES

- A team can consist of 1- 15 members.
- Choose a Team Captain.
 - * Must be same scale and same weigh location for each weigh-in.
 - * Teams may decide internally to weigh-in more often to encourage on-going weight loss, but a beginning, mid-point, and ending weight must be recorded.
- Decide which team member will bring in a scale to be used throughout the campaign.
- Although all "Biggest Loser" contestants initially commit to the entire ten weeks:
 - * In the event a Team Member drops out during the first part of the contest, their original weigh-in weight will be entered as their mid-point and final weight.
 - * If a team member drops out during the second half of the contest, their mid-point weight will be used as their final weight.

TEAM CAPTAIN ROLE

- The Team Captain must have access to the internet to enter weigh-in information onto the "Biggest Loser" Reporting Site.
- The Team Captain will:
 - * Perform initial, mid-point, and ending weigh-ins for team members.
 - ⇒ Use the same scale and location each time to ensure accuracy.
 - ⇒ Utilize the Weight Loss Tracking Template to log weigh-ins.
- Report TOTAL team weight on the "Biggest Loser" reporting website